



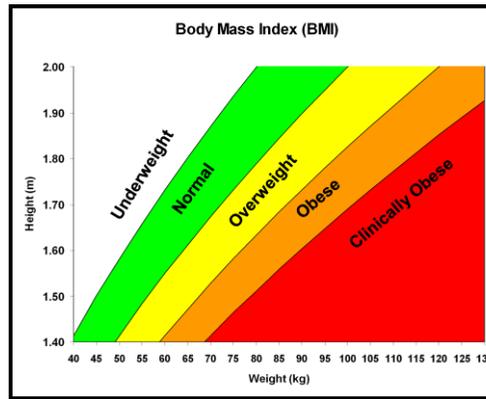
Our New Year's Resolution

With the New Year now in full swing, it's a good opportunity to reflect on those resolutions made in the wee hours of January 01, primed with a sufficient amount of 'truth serum' and after having consumed enough calories to last us through until Easter.

The hard reality is that the majority of us have, at least for a fleeting moment, come to the decision that we must do more exercise this year. If you're not completely sold on the notion, here's a little food for thought:

According to the Australian Bureau of Statistics, of the 143,473 deaths in Australia in 2010, 32% were attributable to disease of the circulatory system such as stroke, coronary heart disease, disease of the arteries and high blood pressure. A further 30% were attributable to various cancers and tumours.

"What's that got to do with exercise?" you ask. According to the American National Cancer Institute, **obese people are at higher risk of coronary heart disease, stroke, high blood pressure, diabetes and a number of other chronic diseases. Obesity is also associated with increased risks of cancers, such as the oesophagus, breast, lining of the uterus, colon & rectum, kidney, pancreas, thyroid & gallbladder.**



The measure of obesity is obtained by calculating a person's BMI (Body Mass Index). Someone with a BMI of >30 is considered obese. To make this relevant to you, plot your weight against your height on chart above.

Managing your weight is a life-time challenge. If you are 30 years old now and weigh 80kgs, ask yourself how easy it would be to put on 1kg per year for the next 30 years. In this scenario, you would weigh 110kgs by the time you reached 60 years. In reality, it is very easy to put on more than 1kg per year.

There have been many studies published on the positive relationship between eating a balanced diet & undertaking regular exercise on weight loss. But **the other critical thing about exercise is that its benefits extend beyond weight loss alone.**

Dr Mike Evans, a clinician with a big interest in preventive medicine (myfavouritemedicine.com) has a great way of selling the virtues of exercise by asking the question, "**what is the one thing you can do to make the biggest difference on your overall health; what gives you the biggest return on your investment?**"

According to Dr Evans, **exercise** can:

- ✓ Reduce rates of pain and disability in patients with **knee arthritis** by up to 47%,
- ✓ Reduce progression to **dementia and Alzheimers** in older patients by up to 50%,
- ✓ Reduce progression to **frank diabetes** by up to 58% in patients with an increased risk of diabetes,
- ✓ Decrease the **risk of hip fractures** in post-menopausal women by up to 41%,
- ✓ Reduce **anxiety** by up to 48%,
- ✓ Reduce **depression** by between 30–47%, depending on exercise frequency.

So it's time to get up from the sofa & get going!

*BEFORE YOU DO, we strongly recommend you **get a check-up with your Chiropractor** or other health professional, prior to embarking on any new physical activity that may put your body under stress.*

Hot off the press!

A recent systematic review of research has been compiled regarding the cost-effectiveness of Spinal Manipulative Therapy (SMT) for spinal pain. The review found that spinal manipulation is cost-effective in treating neck/back pain when administered alone, or in conjunction with other forms of care such as medical, physiotherapy, or exercise prescription. In other words, **spinal manipulation is economical in terms of the services received for money spent.** Through five years of specialised university training, **chiropractors are the experts in administering spinal manipulation.** <http://www.ncbi.nlm.nih.gov/pubmed/22429823>

At Peak Performance Chiropractic & Rehabilitation Clinic, we combine SMT with physical therapies & rehabilitation exercises to optimise our results. **Give us a call on 9986 3902 to see how we can help you.**

Introducing new services for your health

Our goal is not only to get our patients out of pain and back to normal life as quickly as possible, but to help them thrive and be the best they can be, in whatever they do. To this end, ***we are excited to introduce two new health professionals who will join our team in March/April this year.***

Martina Link is a German qualified Physiotherapist with more than 15 years' experience in health, wellness, rehabilitation and fitness. Martina is a qualified relaxation and health coach in psychosomatics. She is proficient in several stress relief techniques, including autogenic training (relaxation technique), progressive muscle relaxation for controlling muscle tension, meditation, visualisation & Quan Dao Kung Fu.

Martina is available Mon & Fri from 9 – 2 for:

- **stress relief & remedial massage**
- **relaxation therapy & meditation**

Belinda Gibbs is a professionally trained and qualified **Naturopath**. With a focus on herbal medicine and incorporating nutritional and homeopathic fields, she works with the whole family to take self-responsibility for their health in a caring and supportive environment. With three children of her own, she has a deep respect for how common illnesses and emotional and behavioural issues can be helped with complimentary medicine. Commencing 1 April, Belinda will be available Tue & Wed from 9-5.

Peak Performance Chiropractic & Rehabilitation Clinic is located at Unit 3, 19 Yulong Ave, Terrey Hills.

Meet our Chiropractors

Dr Naomi Draeger,
BSc, BChiro, BA (Soc Sci), MBA

Originally from country Victoria, Naomi has been committed to health care for more than 20 years.

She spent ten years with the Western Australian government in public affairs & foreign trade of health services; six years in Director roles with Johnson & Johnson medical devices; & five years as an executive coach in leadership development for health professionals moving into management.

Naomi graduated in 2010 with a double science degree in Chiropractic, and was awarded the Chiropractic Board of Australia's 'Most Proficient and Professional Clinical Student Award'.

Dr Dietrich Draeger (Didi),
BSc, BChiro (Hons), MBA

Originally from Germany, Didi has been in the health care sector for around twenty years. He spent eleven years in Director roles with Johnson & Johnson Medical in Germany and the Asia Pacific region. He also provided executive leadership coaching to executives in the health sector for more than five years.

Didi graduated in 2010 with a double science degree in Chiropractic with merit honours, and was awarded the Vice Chancellor's Award for Academic Excellence.

Didi and Naomi established Peak Performance Chiropractic & Rehabilitation Clinic in Terrey Hills almost two years ago. They have settled in Terrey Hills with their two sons Hugo (8) and Oskar (6), who attend the German International School.

Understanding scoliosis

Scoliosis is a sideways curve of the spine that also tends to rotate. It usually develops during early adolescence (age 10-13 years) when growth is most rapid. Eighty to 90% of cases occur in adolescents who are otherwise healthy.

While very small curves are common & of no significance, about 2% of girls have a curve which warrants clinical observation during the growth phase, and three in 1000 will require treatment. If treatment is required, the earlier it is undertaken, the better the long-term result.

This is the basis for screening, since in the early stages scoliosis produces no symptoms. The way to detect scoliosis is to look for it!



Early signs of scoliosis are less obvious to the untrained eye and a curve may increase unnoticed during the growing years. Moderate to severe curves may also increase in adult life, leading to pain, physical deformity and wear & tear arthritis.

Treatment for scoliosis depends on its severity. It may include ongoing observation, bracing, or in severe cases, surgical stabilisation.

Early detection is important for a healthy future, so make an appointment with us to have your child examined today! ☎ 9986 3902

